

# BIG 4TH OF JULY CELEBRATION

## AT

# BIG STONE GAP, VIRGINIA

9:30 a. m. Parade starts from U. S. Government Building, center forming on Wood Avenue, right wing on West Fourth Street, left wing on East Fourth Street. Fraternal Organizations of Southwest Virginia, three bands (Big Stone Gap Band, Roda Band and Reynolds Band) Company H, 2nd Regiment Virginia Volunteers, Floats of business houses, Boy Scouts, Ball Players and Athletic participants.

10:00 a. m. As soon as parade disbands, gates of the Athletic Grounds will open with first event, Sham Battle by Company H, etc.

10:30 a. m. First Aid and Mine Rescue Contest with 20 Men's Teams and several Ladies' Teams participating under the rules of the American Red Cross Ass'n.

### A Description of First Aid Work

First Aid is a course of training which enables men to care for any injured person, to prepare them for transportation to a doctor or hospital without increasing the injury, to revive and bring back to life men who have suffered electric shock, to preserve life in cases where an injury has resulted in the loss of an arm or leg, by stopping the bleeding. The object of First Aid Work is not to train men as doctors; it is a short training which any ordinary man can readily grasp in a few hours practice; it requires little or no education. First Aid Work is of particular interest to any man, or his family, who is engaged in an occupation where accidents occur. It is of especial interest to the man himself, because it may be the means of saving his life. It is of equal interest to his wife or family, as they are directly dependent upon his welfare. It is to the interest of every man to know something of First Aid Work, as with this knowledge he may be able at some time to save a fellow-workman's life, or at least prevent suffering; in addition to this there are a great many cases on record where an injured man with First Aid Training has been able to save his own life when there was no help around.

The results of First Aid Training cannot be over-estimated. In one coal company in the Southwest Virginia Field, four lives have been saved during the past year by First Aid men. Three of these cases were where a man had come in contact with an electric wire, and had been considered dead by his fellow-workmen until a First Aid man was summoned and by artificial respiration brought the man back to life. There is no question or doubt about these cases; these men's lives were actually saved, to themselves and their families. Cases where profuse bleeding has been stopped by First Aid men and lives probably saved, are numerous, as are also cases where broken limbs have been set, so that the patient was taken home without further injury.

First Aid Work is most efficient through the co-operation of a large number of men, as it is necessary that many trained men be scattered throughout a mine so that there will be some man near any accident which may occur, who can be of service. A First Aid man must necessarily, in order to do the most good, be on hand within a few minutes after a man is injured, and this is possible only by having a large number of trained First Aid men. It is the duty of any one, who in case he should be injured, would wish to have his life saved, or his suffering lessened, to co-operate in this work.

Any one familiar with this First Aid movement, is convinced of its merit. The United States Government has established a Bureau which employs men to

go about the country, instructing in First Aid Work. The work of the American Red Cross Society along this line, is known to everybody. All progressive coal companies are so convinced that First Aid Work benefits the employees that they have gone to considerable expense to train men, and establish First Aid Stations throughout their plants. The employees themselves, have co-operated in this movement throughout the Southwest Virginia Field, so that at present almost ten per cent of the workmen have some knowledge of First Aid Training. In the mines First Aid Stations are established at central points. These stations are small rooms, where a stretcher, blankets, splints and bandages are kept, and are easily accessible. Outside, similar stations are also maintained.

The Contest, which will be held on July Fourth, is being held as a means of stimulating interest in this work, among the employees of the mines, and among the general public. It is of interest to the general public, because accidents are not confined to coal mines alone, but are liable to occur on the street, in the office, or in the home, and any person can secure a knowledge of First Aid Work with the chance of being able to render assistance some time. The Contest will illustrate methods used in treating men who have been rendered unconscious by electric shocks, methods of treatment where an arm or leg has been cut off, methods of treatment for severe burns, methods of treatment for broken limbs, methods of resuscitating and restoring to consciousness men who have been overcome by gas, methods of treatment where a hand or foot has been mashed, and methods of treatment for all sorts of minor injuries. These methods will be illustrated by First Aid Teams, representing the various coal companies in this Field. Each team consists of six men, one of whom acts as patient, and they will perform the various methods noted above, in full view of all spectators. The teams will be judged by Physicians, under the direction of the American Red Cross Society, and the United States Bureau of Mines. Each team will be judged and graded according to their performance, and prizes will be awarded according to these grades. The prizes will consist of the Westinghouse Silver Loving Cup, the Stemp Silver Loving Cup, American Red Cross Medals and Certificates, Cash Prizes and many other valuable prizes.

### Ladies' First Aid Teams.

In addition to the regular men's teams there will be several Ladies' Teams who will contest for a special prize.

12:00 m. Speaking on Fraternalism by one who knows this subject thoroughly. This speech will be long remembered by those interested in the different lodges of Southwest Virginia.

12:30 p. m. Intermission for dinner.

1:30 p. m. High Dive in front of grand stand by Prof. Garranza, of Panama Exposition Fame. Aerial Acrobats, the star open-air performers of the Carnival World.

1:45 p. m. Our main feature of athletic sports begins with Tug of War. In the Tug of War the essential element is "PULL", that determination to force ten husky men on the other end of the rope over the chalk line. Six teams of ten men each will participate. This, the first of our athletic contests will be worth going many miles to see, as the best representatives of manhood in our section will be among the contestants.

2:15 p. m. Base Ball Game between two teams of the Coal Fields League. Quality of base ball given in the past is sufficient recommendation for this event.

4 p. m. Open-air exhibit of aerial acrobats.

## COMPETING FIELD EVENTS

100-YARD DASH—Not by novices but by runners who have heretofore felt the excitement of the race. There is a thrill in the 100 yard dash that is equaled in no other contest.

HIGH JUMP—A man has been known to jump 6 feet 7 1/2 inches over bar. This contest will show how close to the world's record our Wise and Lee Counties athletes can come.

BROAD JUMP—A good broad jump is 18 feet from starting line to where the heels of the jumper strike the ground. The best jumpers in Wise and Lee Counties are entered in this contest.

### Strong Man Contest.

SHOT PUT—It looks easy to put a 16 pound iron ball 35 feet. This is placed under strong man events, but here's where science counts. Come and see the little man outshine the big man in this event.

CHINNING CONTEST—It takes some man to win. The men who can chin the bar 65 times are few and far between. The strongest men in our section will take part in this contest of muscle.

BAR PULL—Watch closely for these men with faces set, feet against each other grasping a pole and pulling like locomotives. This is a contest where brawn alone wins and will show the strongest of the strong in this section.

HAND WRESTLING CONTEST—The name itself will give you a faint idea that the participants will be pretty good men. Men are practicing for this contest daily and the thrills and excitement of seeing some little man stronger in the wrist and grip than his larger opponent put him to the ground.

LIFTING CONTEST—Who can outlift Big Steve, Big Mike and Grizzly Dan you will see at the Athletic Association Grounds on July 4th at Big Stone Gap. The lifting contest will certainly show Who's Who in Wise and Lee Counties.

HALF MILE RACE (Men)—Here's a race that will test the endurance of lungs and legs. No one but an athlete may expect to start and finish a half mile race, as even these starting off like grey hounds come straggling home as if each step meant the last. The man of iron wins. Surely a case of survival of the fittest. Finish at a point opposite grand stand.

OBSTACLE RACE—Some fun here as quick thought and action in addition to speed is needed to win. Over a dozen entries. There is no telling what obstacles the Committee is arranging to require the contestants to surmount; they must crawl under fences, jump over barrels, hornet's nests, nets, mine mules, etc. By the time they have gone the distance somebody shows he has been in a race. All contesting teams must have two entries in this race. A laugh a second guaranteed during the obstacle race.

PICK-A-BACK—This may look easy to the man who rides. In this race you will see many entries as all teams must have two contesting teams of two men each. No chance for the man who can't carry 165 pounds on his back. Distance 30 yards. Swift and strong men start, dash 30 yards with their partner on their backs, stop, change horses, and dash back to the starting line. Many runners stumble and throw their riders headlong. A riot of fun.

HALF MILE BICYCLE RACE (Boys)—This half mile race for boys 16 years and under, gives every boy who owns a wheel a chance for the prize.

BOY SCOUTS will give demonstrations of bridge building and tower building, which is just a little proof of their being able to live up to the motto "Be Prepared". These boy scout events will be going on during the athletic contests and will keep you busy if you expect to see everything, as at all times there will be two or three contests in the athletic events being pulled off at the same time.

RELAY RACE—Four men to represent each team; each man to run 220 yards. The relay race being the most thrilling of all the athletic sports, will cover the one half mile track, making 220 yards to the man. You will have four distinct races in one, and the points in the general athletic team score count twice. This is the men's relay race, and while it is possible we may have a boys' relay race, we can assure you of a thrill, as many athletes are practicing today for this 220 yard dash.

THE PRIZES on the athletic contests are \$100.00 first prize, \$50.00 second prize, and \$25.00 third prize. Scores of the different events will be determined as follows: First place for each event, 5 points; Second place, 3 points; and Third place, 1 point—except in the Tug of War and the Relay Race in which First place counts 10 points; Second place 6 points, and Third place 2 points.

Many valuable prizes will be given to contestants in all events. These prizes will be on display before the Fourth in Big Stone Gap.

### 5:15 p. m. HORSE SHOW

SADDLE RING—Ladies' and Gent's saddle horses. Horses alone considered, best all around saddle horse winning.

PONY CONTEST—Best appearing pony and rig; driver, cart, pony and harness considered.

DRIVING HORSES—Best pair of driving horses on exhibition.

Judges selected from out of town visitors present at time event is pulled off.

For further particulars apply to

Parade—R. R. Casper, Chairman.  
Sham Battle—Capt. J. F. Bullitt, Chairman.  
First Aid Contest—G. B. Southward, Chairman.  
Speaking—C. S. Carter, Chairman.  
Free Attractions and Shows—Karl Stoehr, Chairman.  
Field Events—R. E. Taggart, Chairman.  
Base Ball—D. B. Sayers, Chairman.  
Horse Show—C. F. Blanton, Chairman.

ALL CARNIVAL AMUSEMENTS, NINE BIG SHOWS AND THREE GOOD BANDS.